



## WEEK 3 - MONDAY

### BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice, cereals, porridge, prunes, toast, jams

### LUNCH

<b>Sandwich of the day</b>	Mixed
<b>Salad of the day</b>	Chicken Caesar (Bacon, Parmesan, Egg)

<b>MAIN MEAL</b>	Home-style Lamb Casserole	<b>Suitable for Soft</b>
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<b>ALTERNATIVE MEAL</b>	Quiche Lorraine
<b>Alternative Soft</b>	Cheese Omelette
<b>Puree</b>	Lamb
<b>Starch</b>	Potato Mash
<b>Vegetables</b>	Pumpkin and Beans

### DESSERT

<b>Dessert</b>	Apple and Salted Caramel Pie
<b>Low Fat/Low Sugar</b>	Apple with Diet Ice Cream
<b>Puree</b>	Apple Puree and Custard

### DINNER

<b>Soup of the day</b>	Chicken and Vegetable	
<b>EVENING MAIN MEAL</b>	Tuna Mornay with Garlic Bread	<b>Suitable for Soft</b>
	<b>Seafood Allergies</b>	
<b>Puree</b>	Beef	



## WEEK 3 - TUESDAY

### BREAKFAST

*Order hot breakfast for next day*

Continental Breakfast  
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

### LUNCH

<b>Sandwich of the day</b>	Turkey and Cranberry	
<b>Salad of the day</b>	Champagne Ham and Coleslaw	
<b>Wrap Option</b>	Champagne Ham and Coleslaw	
<b>MAIN MEAL</b>	Aromatic Salmon Cake	<b>Suitable for Soft</b>
	<b>Seafood Allergies</b>	
<b>ALTERNATIVE MEAL</b>	Bolognaise Pie	
<b>Alternative Soft</b>	Bolognaise Mince	
<b>Puree</b>	Fish	
<b>Starch</b>	Garlic Potato	
<b>Vegetables</b>	Carrots and Cheesy Broccoli	

### DESSERT

<b>Dessert</b>	Creamy Lemon and Mango Jelly Whip
<b>Low Fat/Low Sugar</b>	Mango Whip
<b>Puree</b>	Mango Whip

### DINNER

<b>Soup of the day</b>	Cream of Mushroom	<b>Food Allergies</b>
<b>EVENING MAIN MEAL</b>	Chicken Chow Mein	
<b>Puree</b>	Chicken	



# Menu

## WEEK 3 - WEDNESDAY

### HOT BREAKFAST

Grilled Tomato, Hash Brown and Baked Beans

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

### LUNCH

**Sandwich of the day**

Ham, Cheese and Tomato

**Salad of the day**

Corned meat and pickles

**MAIN MEAL**

BBQ Pork Chops

**Suitable for Soft**

**ALTERNATIVE MEAL**

Tandoori Chicken Drumsticks

**Alternative Soft**

Tandoori Chicken Tenders

**Puree**

Pork

**Starch**

Potato Wedges

**Summer Salad**

Chef Salad (Mixed Salad)

### DESSERT

**Dessert**

Black Forest Trifle

**Low Fat/Low Sugar**

Cherries and Diet Jelly

**Puree**

Chocolate Mousse

### DINNER

**Soup of the Day**

Thick Vegetable

**EVENING MAIN MEAL**

Hawaiian Pizza with Tossed Salad

**Puree**

Chicken







# Menu

## WEEK 3 - THURSDAY

### BREAKFAST

Continental Breakfast  
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

### LUNCH

<b>Sandwich of the day</b>	Roast Chicken Lettuce and Mayonnaise	
<b>Wrap Option</b>	Roast Chicken Lettuce and Mayonnaise	
<b>Salad of the day</b>	Avocado and Feta Cheese	
<b>MAIN MEAL</b>	Corned Beef with Mild Mustard Sauce	<b>Suitable for Soft Food Allergies</b>
<b>ALTERNATIVE MEAL</b>	Mushroom Risotto	
<b>Puree</b>	Beef	
<b>Starch</b>	Steamed Potato	
<b>Vegetables</b>	Vegetable Medley	

### DESSERT

<b>Dessert</b>	Summer Pudding
<b>Low Fat/Low Sugar</b>	Summer Pudding
<b>Puree</b>	Berry Mousse

### DINNER

<b>Soup of the day</b>	Minestrone
<b>EVENING MAIN MEAL</b>	Greek Lamb Burger with Minted Cucumber Salad
<b>Evening Soft Option</b>	Lamb Burger Gravy and Mash
<b>Puree</b>	Lamb



## WEEK 3 - FRIDAY

### BREAKFAST

Continental Breakfast  
 Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

### LUNCH

<b>Sandwich of the day</b>	Ham and Seeded Mustard
<b>Salad of the day</b>	Turkey and Cranberry
<b>MAIN MEAL</b>	Crumbed Fish with Lemon and Tar tare
<b>Main Soft Option</b>	Steamed Fish with
<b>ALTERNATIVE MEAL</b>	Beefy Lasagne
<b>Puree</b>	Fish
<b>Starch</b>	Chips
<b>Summer Salad</b>	Coleslaw

### DESSERT

<b>Dessert</b>	Gourmet Ice-cream
<b>Low Fat/Low Sugar</b>	Diet Ice-cream
<b>Puree</b>	Frozen Mousse

### DINNER

<b>Soup of the day</b>	Pumpkin and Parsnip
<b>EVENING MAIN MEAL</b>	Chicken Rissoles on Mash and Gravy
<b>Puree</b>	Chicken







# Menu

## WEEK 3 - SATURDAY

### BREAKFAST

Continental Breakfast  
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

### LUNCH

<b>Sandwich of the day</b>	Egg and Lettuce
<b>Salad of the day</b>	Roast Beef and Chutney
<b>MAIN MEAL</b>	Beef Sausages with Onion Gravy
<b>Main Soft Option</b>	Skinless Beef Sausages with Gravy
<b>ALTERNATIVE MEAL</b>	Chicken a la King(Savoury mushroom sauce) <b>Food Allergies</b>
<b>Puree</b>	Sausages
<b>Starch</b>	Creamy Mashed Potato
<b>Vegetables</b>	Pumpkin and Zucchini

### DESSERT

<b>Dessert</b>	Banana and Walnut Self-Saucing Pudding
<b>Low Fat/Low Sugar</b>	Banana Light Custard
<b>Puree</b>	Banana Custard

### DINNER

<b>Soup of the day</b>	Summer Vegetable
<b>EVENING MAIN MEAL</b>	Leg Ham Potato Salad and Soft Roll
<b>Evening Soft Option</b>	Scrambled Eggs with Spaghetti
<b>Puree</b>	Ham



## WEEK 3 - SUNDAY

### HOT BREAKFAST

Bacon and Eggs

Choice of fresh cut fruit, juice, cereals, porridge, prunes toast, jams

### LUNCH

<b>Sandwich of the Day</b>	Salmon and Spring Onion	
<b>Salad of the Day</b>	Shaved Ham and Swiss Cheese	
<b>MAIN MEAL</b>	Roast Lamb and Mint Jelly	<b>Suitable for Soft</b>
<b>Puree</b>	Lamb	
<b>Starch</b>	Roasted Potato	
<b>Vegetables</b>	Broccoli and Cauliflower Cheese	

### DESSERT

<b>Dessert</b>	Vanilla Mousse and Strawberry Cup	<b>Food Allergies</b>
<b>Low Fat/Low Sugar</b>	Vanilla Mousse and Strawberry Cup	
<b>Puree</b>	Vanilla Mousse Cup	

### DINNER

<b>Soup of the day</b>	Creamy Carrot	
<b>EVENING MAIN MEAL</b>	Battered Fish and Chips	<b>Seafood Allergies</b>
<b>Evening Soft Option</b>	Steamed Fish with Soft Vegetables	<b>Seafood Allergies</b>
<b>Puree</b>	Fish	